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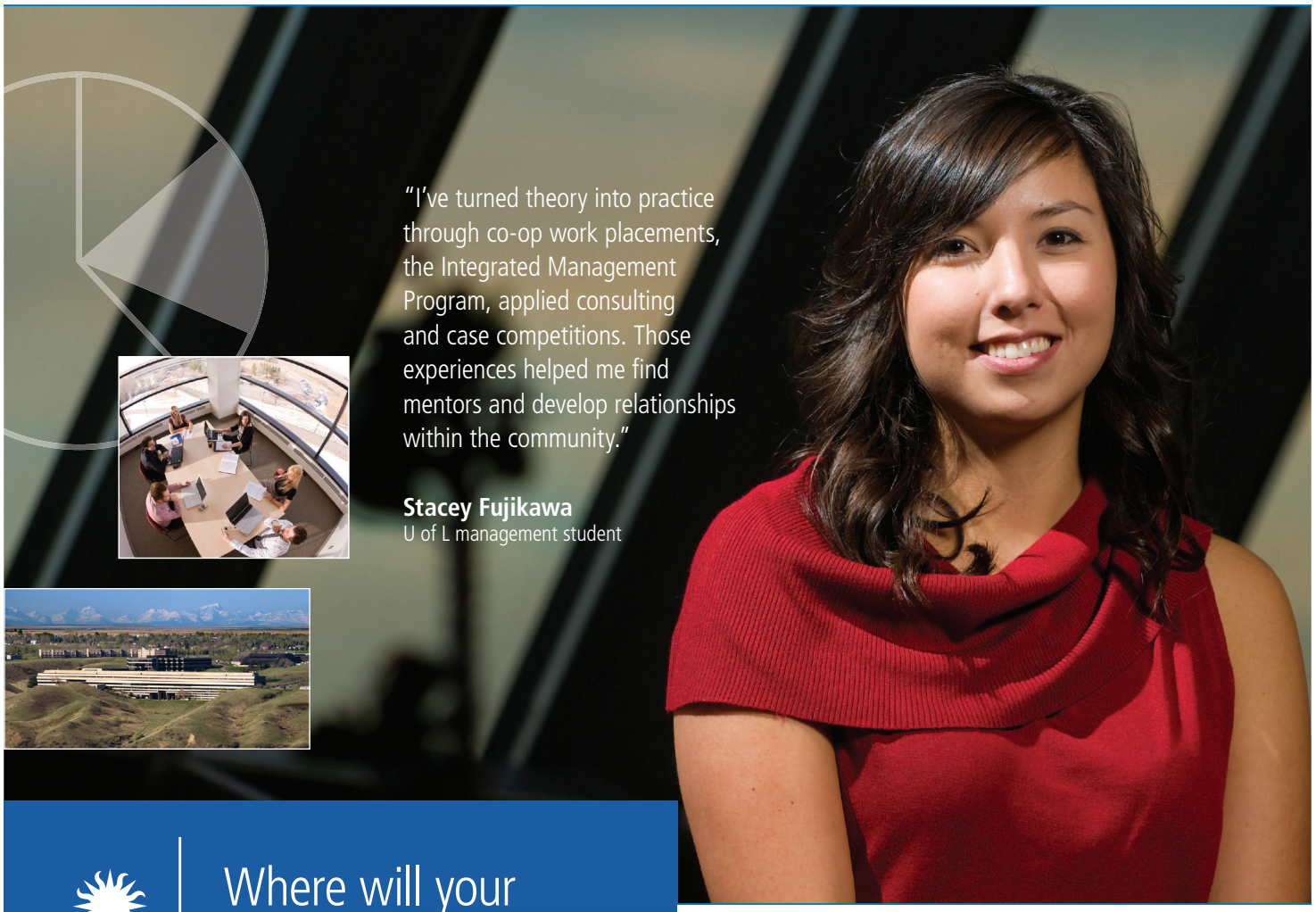

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Human-trafficking busts

Charges laid after alleged sexual exploitation of women, teens

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Two women were allegedly sold for a "low amount" of money to undercover officers in one of two suspected human-trafficking prostitution rings unearthed by city investigators.

In the second case, three underage girls and a woman were allegedly lured using social-networking sites that were then used to advertise sexual services for money, according to police.

A woman posing as a hair stylist at the Alternative Hair Design Salon at 4105 4th St. NW allegedly offered two undercover officers two teenage Asian women for $5,000 each, but agreed to $4,000. The women were actually 25 and 41.

"It's a shocking thing to see humans traded for money, and for a relatively low amount of money," CPS Supt. Roger Chaffin said yesterday, adding it's the first time in the city human-trafficking charges have been laid.

Police allege Linh Quy To, 52, operated bawdy house services from the salon and three residences in the city and advertised the services through an Internet site.

In the second investigation, police say four women were allegedly lured from other areas of Canada with promises of modelling and eventually sexually exploited.

Vice unit Staff Sgt. Colin Adair said the suspect was arrested outside of a hotel room while the girls, aged 16, 17 and 20, were inside the room. A 17-year-old girl already apprehended led police to the northwest hotel.

Codie Toby Cardinal, also known as Brooklyn Cardinal, 38, of Calgary, has been charged.

Lara Quarterman, co-ordinator for the Calgary chapter of Action Coalition on Human Trafficking, said while these cases are disturbing, Calgary's not immune to that dark underworld.

"It's not a new crime. They say prostitution is the oldest job and slavery has been happening for centuries," Quarterman said.

Pesticide bylaw scrapped

COMMITTEE The grass in Calgary could be greener next spring after aldermen mowed down a proposed cosmetic pesticide-use bylaw.

Ald. Druh Farrell put forth a motion at yesterday's utilities and environment committee meeting to file the bylaw recommendations, essentially killing the draft at the committee level.

Farrell said this bylaw didn't reflect the desire to eliminate the use of non-essential pesticides.

"I think we've weakened it to the point where it really did very little," said Farrell.

"It could give the impression that we've acted, when I don't believe that we have."

Over two years of public work has gone into the bylaw's development, with public input, industry meetings and the work of administration to develop guidelines for non-essential cosmetic pesticide use.

To have it end with this outcome can be the nature of the political game, according to one alderman.

"From time to time we have to go through these exercises to determine what the best outcome is, and I think we've achieved the best outcome," said Ald. Gord Lowe.

Ald. Ric McIver, who was not on the committee that discussed the bylaw, was disturbed the public, industry and city administration was put through an "onerous" process — wondering how much the about-face cost the city.

"It looks like, 'If I can't get what I want, I'm taking my bat and my ball and I'm going home,'" he said.

DARREN KRAUSE/METRO CALGARY

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Go Green

Don't forget to pick up tomorrow's special Metro GO GREEN issue, covering everything you need to know about the United Nations Climate Change Conference in Copenhagen and everything eco!

Celebrity Buzz pg 27

Portman thinking about kids

On the web
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MORRY GASH/THE ASSOCIATED PRESS

Tiger Woods issued a public apology yesterday, acknowledging that he let his family down with unspecified "transgressions," amid rumours of infidelity. Inset: Jaimee Grubbs, a woman who claims to have had an affair with Woods, according to a magazine report.

Tiger Woods apologizes for 'transgressions'

SCRUTINY With a public apology and another appeal for privacy, Tiger Woods acknowledged yesterday that he let his family down with unspecified "transgressions" that he regrets with "all of my heart."

"I have not been true to my values and the behaviour my family deserves," Woods said on his website following a magazine report of an alleged affair.

It was his longest statement since a middle-of-the-night car crash outside his Florida home last week set off the greatest media scrutiny of Woods' career and his five-year-old marriage to ex-model Elin Nordegren. He didn't go into detail and said he would deal with his "personal failings" with his family.

On Tuesday, Us Weekly reported that a Los Angeles cocktail waitress claims she had a 31-month affair with the world's No. 1 golfer.

About three hours before Woods' statement, the magazine released what it said was a voice mail — provided by the waitress, Jaimee Grubbs — that Woods left on her phone three days before his accident.

In the voice mail, a man warns Grubbs that his wife went through his phone and may be calling her.

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SCANLIFE

Local

"It's easy enough to leave a briefcase ... behind. But ministers must be held to a higher standard."

Alberta Liberal Leader David Swann, left, on a bag containing confidential documents and a USB key found abandoned on an Edmonton street. The bag belonged to Minister Ted Morton and was found by a CBC producer.

METRO NEWS SERVICES

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Calgary tweets

- @silverbelly I guess it's a good thing that #yyc council rejected the bylaw because the pesticide ban didn't go far enough...but lets get a bylaw! #yyccc
- @jeremyklaszus Aryan Guard threatens "carnage & brutality" in hateful, sickening new website message. This struggle isn't over. #yyc

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ROBIN KUNISKI/FOR METRO CALGARY

Some may think Calgary has too few cabs, but compared to other Canadian cities we're doing better, per capita, than most.

How many is too many?

Some say city needs more cabs, some say we can't support any more

KRISTA SYLVESTER
krista.sylvester@metronews.ca

While many Calgary visitors praised the city this past weekend while here for the Grey Cup, some claimed they were left out in the cold waiting for taxi service.

R.J Williams, from Regina, witnessed a group of people wait for over an hour outside a local eatery for a cab after having drinks.

"They got tired of waiting and decided to drive — it's not a good sign. I'm not here often, but it seems like you can't get a cab," he said.

Taxi numbers are not a new issue, but Ward 8 Ald. John Mar said he supports a review.

"I think it's an issue we should look into — we are a city of 1.1 million people and I think we need to do a review from the top down," he said, adding council recently made some Livery Transport changes.

Associated Cabs manager and taxi committee member Roger Richard said his drivers are already working at only 30 per cent capacity.

"To add more cabs in the city would be disaster for drivers, we already have more than enough — it would hurt them," Richard said, adding Friday night's weather chaos would have delayed taxis no matter how any cabs the city had.

Cabs per capita

- Calgary — 1 cab for every 837 citizens
- Ottawa — 1 per 732
- Edmonton — 1 per 948
- Toronto — 1 per 1,132
- Vancouver — 1 per 1,419

Talisman to cut 220 natural-gas jobs

LAYOFFS Calgary-based Talisman Energy Inc. is laying off 220 workers in its North American natural gas business, which is in the midst of restructuring.

Company spokeswoman Pheobe Buckland said yesterday the job losses amount to 15 per cent of the company's North American workforce, and four per cent of its overall headcount of 5,329 permanent, temporary and contracted employees.

"It is a tough day for the company. Talisman prides itself on having the best and the brightest people in the industry and it's always sad to see people go," she said in an interview.

"Talisman's business is changing and today's announcement is an impact of that."

Most of the cuts affect workers in Calgary, but some field offices will see reductions as well.

"We took time to look and see and consider the kinds of people and skills we needed to support the shale and the conventional business going forward," Buckland said.

Talisman's international operations — in Asia and the North Sea, for example — are unaffected.

THE CANADIAN PRESS

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CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

ADAMS, Kathleen Margaret
BARBU, Florinel
BEARSPAW, Eric Sykes
BOUCHER, Mary (May) Morrison
CHAPMAN, Cayley Maureen
COOK, Shaun Robert
DAVIES, Kelvin Hugh
DRISCOLL, Anne Edith
DURDLE, Cheryl Dawn
FORD, Elsie I.
FRIEZE, Randy Louis
GERIAK, Maria "Mary"
GILLIS, John Ronald
HARRISON, Dorothy Opal
HERMAN, Lillian (nee Schafer)
KOWALSKI, William (Bill) Siegfried
KUNTZ, Johanna (Jenny)
McCARTHY, Helen Martha (nee Doerksen)
McNEILL, Helen Margaret
MOLNAR, Imre (Jim)
PEEL, Gwyneth Violet (nee Jones)
RUNDLE, Evelyn
SELOCK (nee Metcalfe) , Barbara Frances
WRIGHT, Reginald A.

For full obituaries go to CalgaryObits.com

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Citizens raise $162,000 for Stuff-a-Bus drive
Calgary Transit is thanking Calgarians for stuffing buses full of $162,000 in food and cash for the Calgary Food Bank during this year's Stuff-a-Bus fundraiser. METRO NEWS SERVICES

MADD calls on Alberta to boost drunk driving laws

SAFETY Alberta may have a B grade on its impaired driving laws, according to a MADD Canada report card, but the organization says the province has failed to strengthen impaired driving laws since 2006. Alberta ranked sixth overall on the study.

"Failing to implement these critical measures is not an option," the group said on its website.

Charges against 17-year-old upped in fatal stabbing

DEATH Police have laid charges against a 17-year-old male in connection with a stabbing over the weekend after the victim died in hospital Tuesday.

Initially the teen was charged with aggravated assault but police say the charges will be upgraded at his next appearance Tuesday. Police confirmed the victim and suspect lived in the same home but won't confirm if they are related.

Drive seeks would-be Santas

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Calgarians have a chance to play Santa this Christmas and help replenish the Mustard Seed's shelves in urgent need of toys for less fortunate families and children.

The look on the faces of the children and parents receiving gifts from the Santa's Toy Shoppe program on Christmas morning is irreplaceable, according to Mustard Seed spokesperson Courtney Fleiss.

"It's a great opportunity to help neighbours and those struggling at this time of year and help put a smile on the children's faces when they open gifts," she said, adding it's also nice to allow parents the chance to give their children gifts

"It's nice because a lot of families wouldn't otherwise have a chance to have gifts if it weren't for this program and the generosity of Calgarians."

Last year the program helped over 500 families and 1,200 children with 3,000 toys. Fleiss hopes this year's donations exceeds that, but worries about the rising demand and bare shelves facing the Mustard Seed in the face of recession.

Unwrapped toys can be dropped off by Dec. 10 at either the 102-11 Ave. S.E location or the 7025 44 St. S.E location.

Toy needs can be found at www.theseed.ca.

ROBIN KUNISKI/FOR METRO CALGARY

Courtney Fleiss of the Mustard Seed is hoping Calgarians can rally around the organization to help provide toys to the city's underprivileged children.

Donations wanted

- Baby supplies
- Games
- Recreation passes
- Sports items

Stelmach playing down reports of AHS debt load

HEALTH Premier Ed Stelmach is downplaying the growing debt load being carried by Alberta Health Services after reports suggested it could reach $2 billion next year.

The premier says there are no plans to close hospitals or long-term care centres as the health-care delivery agency reduces spending and pays down its debt.

But Stelmach offered no new details on cost-cutting measures that already include hundreds of planned bed closures and a hiring freeze. He says the health superboard will provide the government with a plan on how it will pay down the deficit and the debt over an extended period. The government will provide the agency with a funding plan, providing them with a firm budget.

Stelmach says he's spoken to several premiers who agree that controlling health-care spending needs to be on the agenda at the next premiers' meeting. THE CANADIAN PRESS

Group left puzzled by federal funding cut
Kairos, a Canadian church-based group that does human rights and environmental sustainability work, says the federal government has cancelled its funding for overseas projects without warning or reason. THE CANADIAN PRESS

Canada

Missing teen sighted in Alberta: RCMP

Police said yesterday that a Toronto teen missing since the beginning of September may be in southern Alberta, but her father doesn't think potential sightings of his daughter are accurate. The RCMP said that Mariam Makhniashvili possibly tried to sell dream catchers and other crafts to Okotoks businesses and could still be in the area. But her father said from his Toronto home that he didn't believe it. THE CANADIAN PRESS

NDP accuses Tories of censoring Afghan docs

National security used as cover, MP says

The Conservative government has used national security to justify the removal of references to "extrajudicial executions" and "torture" in reports on Afghanistan, says NDP MP Paul Dewar.

The government is set to release to a House of Commons committee a large volume of censored documents relating to the treatment of Afghan detainees.

Conservative ministers have said the documents had to be censored for national security reasons before they could be released to opposition MPs and the public.

But the NDP says it has an uncensored version of one report and comparing the two, has found that the "national security" deletions include the line: "Extrajudicial executions, disappearances, torture and detention without trial are all too common."

"By redacting just that one sentence, the government was able to cover up knowledge of extrajudicial killings and torture in Afghanistan," Dewar said, citing this as an example of overzealous censorship. THE CANADIAN PRESS

Red Cross torture worries?

- The International Red Cross met twice with senior Canadian officials in Kandahar to deliver veiled but insistent warnings about torture in Afghan jails a year before Canada acted to protect detainees. Details of the face-to-face meetings in 2006, outlined in uncensored memos examined by The Canadian Press, undermine the federal government's claims that diplomat Richard Colvin was a lone voice raising vague concerns about torture. A spokesman for the International Red Cross played down the face-to-face sessions with Canadian officials.

Winnipeg Flaherty talks job creation

JOHN WOODS/THE CANADIAN PRESS

Jim Flaherty, minister of finance, speaks at the University of Winnipeg yesterday. He said the government is on track to create or maintain 220,000 jobs this year and next as part of its overall economic plan.

News in brief

STIMULUS Stephen Harper travelled halfway around the world, but couldn't leave Canadian politics behind, choosing China to unveil the government's fourth economic stimulus report card — a status update the Liberals dismissed as misleading.

GOOGLE Another nine Canadian cities can now be toured virtually through Google Street View. Victoria, Nanaimo, B.C., Edmonton, Saskatoon, Winnipeg, Sudbury, Ont., London, Ont., Sherbrooke, Que., and St. John's, N.L., are among the more than 20 Canadian cities that were photographed for the Google feature. THE CANADIAN PRESS

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SCANLIFE

Ottawa's economic update boasts of success on infrastructure and job creation, but how the Tories reached their numbers is a mystery. Scan this barcode for the full story.

CN Rail and Teamsters reach a deal

CN Rail and the Teamsters union have reached a deal to end a strike by locomotive engineers which began Saturday. The 1,700 engineers, members of the Teamsters Canadian Rail Conference, have been without a contract for almost a year. THE CANADIAN PRESS

More family doctors needed, report says

HEALTH Increasing the number of practising physicians is key to reaching a goal that would see nearly all Canadians with their own family doctor by 2012, according to a new report.

The report entitled The Wait Starts Here was released yesterday by the College of Family Physicians of Canada and the Canadian Medical Association, who formed the Primary Care Wait Time Partnership to explore these issues.

Increasing the capacity of existing family physicians is also cited as a way to reach the target. The partnership's goal is for 95 per cent of Canadians in all communities to have their own family doctor within the next two years.

An Ipsos-Reid poll of more than 1,000 adults conducted for the CMA found that roughly 17 per cent of respondents didn't have a family doctor. Among the 82 per cent that did, 51 per cent were concerned about the length of time it takes to get an appointment.

Dr. Cathy MacLean, president of the college, said increased enrolment in medical schools and a rise in the number of doctors choosing family medicine are both steps in the right direction towards reaching the 2012 target. THE CANADIAN PRESS

News in brief

ASBESTOS For eight months, the Quebec government has been holding on to a report that explores the link between asbestos-related cancer and Canada's only community that still mines the substance.

BABIES A Tory member of the New Brunswick legislature has apologized for writing on his Facebook page that women should make more babies. In responding to the provincial budget Tuesday, Carl Urquhart posted on Facebook: "Another Liberal budget ... Another $1 billion on the debt by March ... Girls we need more babies or we will never be able to support our future." THE CANADIAN PRESS

Neighbours worried about NB Power deal

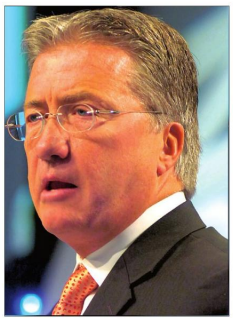
Dexter says he is protecting province's future

The premiers of Nova Scotia and Newfoundland and Labrador have renewed their battle with New Brunswick Premier Shawn Graham over the proposed sale of NB Power to Hydro-Quebec.

Darrell Dexter and Danny Williams have written a letter to Graham making two requests.

They want Graham to finalize an agreement prior to completing the NB Power sale that would see New Brunswick build a transmission line to the Maine border, separate from the power grid that currently exists.

They also want Graham to ensure that applications to transmit power through New Brunswick will be handled under existing rules until agreements are offered to Newfoundland's energy company or other Atlantic companies before the NB Power sale is complete.



Danny Williams

Williams says he does not believe in Graham's past assertions that Newfoundland or other provinces don't need written guarantees to ship power through New Brunswick to the United States in the future.

"The previous statements made by the premier of New Brunswick are not sufficient to give us confidence that reliable open access will be available across New Brunswick to the Maine border after the deal with Quebec is consummated," Williams said in a joint statement with Dexter yesterday.

"This situation requires clear and explicit clarification and certainty."

Dexter said he and Williams were looking out for Atlantic Canada's future interests.

"We are seeking assurances that the best interests of Nova Scotia and the best opportunities for our region are protected," Dexter said.

But New Brunswick's energy minister said it's just a lot of political posturing.

"It's absolute smoke," Jack Keir said in an interview last night. THE CANADIAN PRESS

Iran regime on trial in Montreal

KAZEMI One of the world's most controversial regimes was in a Canadian courtroom yesterday arguing that it cannot be held civilly responsible for the deadly prison-beating of Montreal photojournalist Zahra Kazemi.

The Iranian government defended itself through a Montreal law firm in a $17-million civil suit launched by the estate and family of the Iranian-Canadian woman over her detention, torture and slaying.

Armed with some jurisprudence, lawyers representing the Iranian government argued that neither it nor its leader, Grand Ayatollah Ali Khamenei, can be sued under Canada's State Immunity Act and the case should be dismissed.

"The Republic of Iran objects to a Canadian court deciding whether torture was used or not," lawyer James Woods said at the start of a hearing that has been two-and-a-half years in the making. THE CANADIAN PRESS

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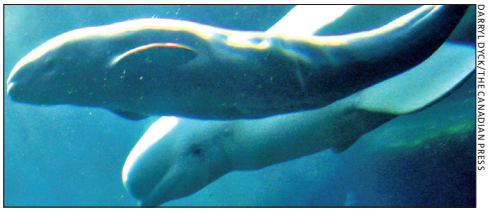

DARRYL DYCK/THE CANADIAN PRESS

Aurora, a 19-year-old Beluga whale, swims with her calf Nala.

Nala a whale of a name

The Vancouver Aquarium has named its newest beluga whale.

Members in an online vote selected Nala as the name for the six-month-old female beluga.

Nala is a shortened form of the Inuktitut word for "surprise gift."

Nala joins a growing pod of belugas at the aquarium, including mom Aurora's grown calf Qila, Qila's 18-month-old calf, Tiqa, Imaq, the proud dad and 38-year-old Kavna, the eldest female.

THE CANADIAN PRESS

The bride wore ... black

WEDDED BLISS? It was supposed to be a quick bathroom break at a Tim Hortons before the bride-to-be walked down the aisle.

But Nancy Rose spotted an angry woman racing toward her, a can of spray-paint in her hand.

As the wedding party watched in disbelief, her sister-in-law began dousing her with black paint.

Michelle King, married to Rose's brother, was given a conditional discharge after pleading guilty to mischief. A Halifax judge ordered King to pay $2,000 to Rose — who was married about 45 minutes late.

THE CANADIAN PRESS

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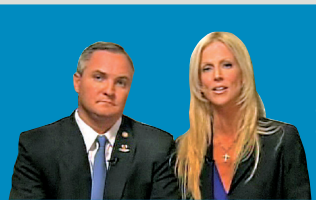
Microsoft releases updated Bing Maps service

Microsoft Corp. is releasing an updated version of its mapping service with street-level views and new "apps" that tack on tweets, traffic and other location-specific data. The new version of Bing Maps was released yesterday in a "beta" test mode. THE ASSOCIATED PRESS

World



Party crashers not invited: Emails

Copies of emails between the White House party crashers and a Pentagon official undermine their claims that they were invited to U.S. President Barack Obama's first state dinner. Tareq and Michaele Salahi pressed the friendly Pentagon aide for four days to score tickets to the big event in honour of Indian Prime Minister Manmohan Singh. By their own admission in the emails, they showed up at the White House gates at 6:30 p.m. on Nov. 24 without an invitation. THE ASSOCIATED PRESS

Taliban rebuff troop buildup

The Taliban rebuffed President Barack Obama's new war plan for Afghanistan yesterday, saying his strategy to send 30,000 new troops will only lead to more American casualties.

If conditions are right, Obama said U.S. forces could begin leaving Afghanistan in 18 months. Gen. Stanley McChrystal, the top U.S. commander in the country, said the Afghan government and its international partners should use the coming year-and-a-half to convince the Taliban they can't win and offer militants a way to quit "with dignity."

In a statement, the Taliban said the Obama administration's plan was "no solution for the problems of Afghanistan" and would give insurgents an opportunity "to increase their attacks and shake the American economy, which is already facing crisis."

Obama only set a tentative pullout date for July 2011 to lessen the sensitivities of Afghans about the troop buildup and decrease the American public's opposition to the war, the Taliban statement said.

THE ASSOCIATED PRESS

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ScanLife

Experts point to a lack of credibility and political will for the U.S. as reasons for Europe's tepid response to the surge plan. Scan this barcode for the full story.

India **25th anniversary of gas disaster**

AMAL GADRI/THE ASSOCIATED PRESS

A victim of the Bhopal gas disaster shouts during a torch procession towards the abandoned Union Carbide factory on the eve of 25th anniversary of the disaster, in Bhopal, India yesterday. The Bhopal industrial disaster killed about 4,000 people on Dec. 3, 1984. According to the government, at least 500,000 people were affected by the gas leak.

Student's lawyer in murder trial breaks down in courtroom

ITALY A defence lawyer for a student accused of killing her British roommate broke down after urging the court to give his client back her life. But a prosecutor called the accused a compressed spring who exploded the night of the murder.

Amanda Knox and her ex-boyfriend Raffaele Sollecito are being tried in Perugia for the 2007 slaying of Meredith Kercher.

Luciano Ghirga, one of Knox's lawyers, insisted in court that Knox was the victim of a "mechanism that crushed her."

"Amanda is asking to have her life back. Give Amanda her life back by clearing her of all charges," Ghirga said, fighting back tears at the end of his concluding remarks.

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U.S. government approves stem cell research funding
A new era in embryonic stem cell research arrived as the U.S. approved 13 batches of the master cells for a study using taxpayer dollars. THE ASSOCIATED PRESS

Billionaire's body returned to family

A coffin containing the body of an Austrian billionaire has been returned to his family, more than a year after it was stolen by thieves who blackmailed the relatives for $150,000, police said yesterday.

It also emerged that criminals from Hungary and Romania were involved in the crime, and that private investigators and security companies had been involved in the search for the coffin without telling police.

"This is a large case of blackmail that was carried out very professionally, although it involved a rather unusual instrument — a coffin," said Ernst Geiger, of Austria's equivalent of the FBI.

The coffin and Austrian billionaire Friedrich Karl Flick's body were returned to Flick's relatives Tuesday.

Budapest police chief Gabor Toth told reporters that private detectives hired by the Flick family had found the coffin last month in Budapest, even as the police in Hungary and Austria were still investigating the crime. Private investigators from Austria, Ukraine and Hungary had been involved in the search, without informing police of that, Toth said.

Meanwhile, a 41-year-old Hungarian lawyer identified only as Barnabas Sz. is suspected of masterminding the crime and was in police custody, Toth said.

The thieves were demanding $9 million in ransom for the casket and Flick's body, said Geiger.

THE ASSOCIATED PRESS

Flick

- The remains of Austrian billionaire Friedrich Karl Flick were stolen from a cemetery in Velden, southern Austria, in November 2008. Flick had died two years earlier at a time when Forbes magazine said he was among the 100 richest people in the world.

Babysitter gets 125 years in prison for child molestation

COURTS A U.S. babysitter convicted of videotaping herself performing sex acts with children as young as two months old has been sentenced to 125 years in prison.

Samantha Light last month pleaded guilty to three felony counts of child molesting in circuit court in Indiana.

During sentencing yesterday, the 26-year-old Light apologized and said she had been coerced by her boyfriend. She said while she appeared happy on the video tape she had felt like she "was dying inside." Light and her boyfriend, Stephen E. Quick II, have been jailed since March.

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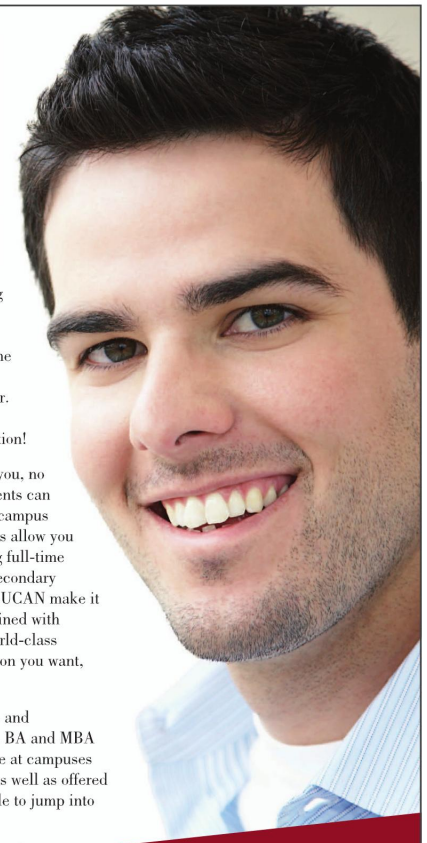

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Comment

Drawing relationship battle lines

One of my superpowers is that I am an excellent judge of character. It doesn't take long for me to decipher whether someone is a good-hearted and decent soul or if they should be avoided at all costs. This is as true for potential friends as it is potential dates.

Unfortunately, not everyone shares this superpower. And sometimes, wonderful people get romantically involved with the deeply unworthy. Over the years, I have regrettably had several pals pair up with arrogant, ignorant, ambition-free jerk festivals.

It's a tricky position to be in, hating the partner of a friend. It's not easy biting your tongue until it bleeds.

Several years ago, I met a close friend's boyfriend for the first time. He picked us up in his car and promptly sparked a joint behind the wheel. He later yelled at an elderly relative, accusing her of stealing his liquor.

It was a banner Friday night.

My friend is no longer with this boy. This was a decision she made on her own.

When people fall in love, the flaws of their partners tend to be muted because they are thoroughly wrapped up in a magical world of puppies and kittens and butterflies.

It's a huge risk to let a friend know that you don't approve of their significant other. For some, anyone who does not love their lover becomes The Enemy. Logic and emotion are like oil and water. Speaking up about your reservations is a quick and easy way to make a friendship super awkward. Or end it.

For some, dating someone sub-par is preferable to being single. It's like a sad game of musical chairs; people scrambling to grab the nearest available chair, utterly terrified of being the one left standing.

But those with strong senses of self are fine to stand for a few rounds. Why rush to sit in a crappy chair that will give you splinters and quite possibly collapse?

If your particular "chair" is the product of shoddy craftsmanship, chuck it to the curb. Because somewhere, there is a kick-ass heated orthopedic chair with a built-in massage mechanism and a lifetime guarantee that's got your name on it.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Divorce sucks – but it doesn't have to

I remember years ago a very wise man telling me, "Divorce is all some people have to look forward to."

At the time, I thought divorce was sad. It was also before I'd been married and divorced. The actual truth about divorce as Mary Jo Eustace, author of Divorce Sucks, whose husband (Dean somebody) was stolen away by actress Tori Spelling, knows is that it can be the best thing to happen to you.

I originally picked up her book hoping it would be a dirt-filled slag-fest and I could feed my inner gossip. No bitter pill in Eustace's book though. Rather, a hilarious guide helping divorced, specifically dumped women, get through the trauma, or as Eustace calls it, a "tsunami" of divorce.

Eustace was initially caught off guard when her husband de-camped. In retrospect she realized divorce had been imminent when she examined her marriage. That's what happens when most of us do. Husband not interested in sex? He hates you. You cringe at the sound of him breathing or eating cereal. You hate him.

However, some people don't have the guts to pull the plug. When women like Spelling come along, they do us a favour. What you get is to be yourself again and a second chance at life. As Eustace says, it's a "reintroduction to yourself." In other words, it's psychological botox, a good hair day and a laxative that actually works, all rolled up in one.

She encourages women to depend on themselves, which means establishing fair custody and child support as well as sticking up for themselves in terms of spousal support.

And, finally, she counsels them to enjoy themselves. If marriage is a lifetime commitment (or for some a life sentence) but you got fired, embrace your new life. Says Eustace, "You're no longer on a day pass. This is your life and you're in charge."

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

MICHAEL DE ADDER

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Canadian Tire gets new coin

Canadian Tire money is getting a new coin. The famous multicoloured bills, considered by many as the country's unofficial second currency, is to be joined by the $1 piece for a limited time. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

INTERNET Google Inc. is allowing publishers of paid content to limit the number of free news articles accessed by people using its Internet search engine, a concession to an increasingly disgruntled media industry.

ENRON An eight-year-old lawsuit by Enron Corp. shareholders and investors who had accused various financial institutions of participating in the accounting fraud that led to the energy giant's downfall ended yesterday. THE ASSOCIATED PRESS

'Tiger Inc.' doing well

Despite his increasing troubles, Woods' sponsorships remain intact

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Multimillion-dollar contracts. An estimated $100 million in endorsements per year. More than $92 million from PGA tournament wins. Ballooning PGA ticket sales and TV viewership.

Tiger Woods was, until now at least, a thoroughly unpolarizing sponge for corporate money who, according to Forbes magazine, is the first billion-dollar pro athlete in history.

The mysterious middle-of-the-night SUV crash last week has cast a shadow over this empire. And revealing yet vague confessions of "personal sins" and "letting my family down" have only fuelled interest in his private drama. Yet, so far at least, Woods's financial future remains unshaken. Although he may have bogeyed this crisis, his value to the world of pro golf remains immense, as shown by the near-universal anxiety over how long he will be out of commission. So far, at least, his many sponsors, including Nike, Gillette and Gatorade, are standing by him.

"None have left him. I don't expect any to leave him. I don't expect it to adversely affect any deals he may be negotiating," said Marc Ganis, president of Sportscorp, a sports business consulting firm. "He is arguably the most famous and attractive celebrity endorser in the world today. This incident has tarnished (that) only a bit."

TORSTAR NEWS SERVICE

CHRIS CARLSON/AP PHOTO

Tiger Woods, right, and his wife, Elin Nordegren.

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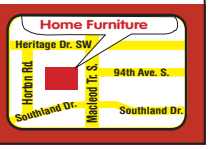


Braves sign Wagner

The Atlanta Braves took another major step toward solidifying their pitching staff for next season, agreeing yesterday to a $7-million US, one-year contract with closer Billy Wagner. The 38-year-old Wagner missed most of last season following elbow ligament replacement surgery. THE ASSOCIATED PRESS

Sports

Iverson back in Philly

Allen Iverson is rejoining the Philadelphia 76ers. Sixers president Ed Stefanski announced the signing yesterday on the team's website. Iverson is expected to make his debut Monday at home against the Denver Nuggets.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Cost of damage: $3,200

Report on Woods' SUV crash lists destroyed property

Tiger Woods caused $3,200 US in property damage, wasn't wearing a seatbelt and was driving erratically outside his Florida home before crashing into a tree, according to a final report released yesterday.

The six-page report only describes the accident and does not include statements from Woods, his wife, Elin Nordegren, or witnesses. It also included 105 photos of the accident scene.

The report's release came just hours after the world's No. 1 golfer put out a statement saying he had let his family down with "transgressions" he regrets "with all of my heart."

The final accident report shows Woods didn't just hit a fire hydrant and tree.

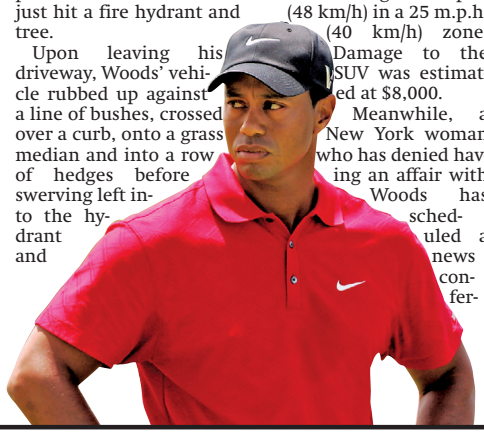
Upon leaving his driveway, Woods' vehicle rubbed up against a line of bushes, crossed over a curb, onto a grass median and into a row of hedges before swerving left into the hydrant and crashing into the tree, an illustration in the report shows. Woods' vehicle was travelling 30 m.p.h. (48 km/h) in a 25 m.p.h. (40 km/h) zone.

Damage to the SUV was estimated at $8,000.

Meanwhile, a New York woman who has denied having an affair with Woods has scheduled a news conference with her lawyer for today in Los Angeles.

Lawyer Gloria Allred said that she will make a statement today about Rachel Uchitel's relationship with Woods.

Allred says Uchitel will be present at the news conference but will not speak. THE ASSOCIATED PRESS



Tiger Woods

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Montreal Cheers for champs

RYAN REMIORZ/THE ASSOCIATED PRESS

Montreal Alouettes quarterback Anthony Calvillo holds up the Grey Cup for the fans yesterday during a victory parade in Montreal. Chants of "Ole-Ole-Ole!" rang out from crowds that engulfed the city's core as tens of thousands of Montrealers spent their lunch hour cheering on the Grey Cup champions.

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Thirty-six invited to world junior camp

HOCKEY John Tavares and Evander Kane have graduated to the NHL, but new talent like Taylor Hall and Tyler Seguin will be battling for spots on Canada's world junior hockey team.

They were among 36 players invited yesterday to a selection camp for the Canadian team that will compete at the world junior tournament beginning Dec. 26 in Saskatoon and Regina. The Calgary Hitmen are represented by both goaltender Martin Jones and forward Brandon Kozun, who has dual U.S.-Canadian citizenship and was invited to the American camp but elected to try out for Canada. THE CANADIAN PRESS

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Sports in brief

NHL The Montreal Canadiens dealt centre Kyle Chipchura to the Anaheim Ducks yesterday in exchange for a fourth-round draft pick in 2011. Chipchura, a first-round pick of the Canadiens in 2004, has been held pointless in 19 games this season.

SOCCER U.S. bidders are planning to tell FIFA it can set World Cup attendance records if they gain the right to host the tournament in 2018 or 2022. Organizers will set a sales target of five million tickets on Friday when soccer's governing body introduces the 10 candidates at a media session ahead of the draw for next year's tournament.

SOCCER FIFA rejected the use of extra match officials at next year's World Cup yesterday despite the uproar over Thierry Henry's handball that helped France qualify at the expense of Ireland. FIFA president Sepp Blatter said that there will be no change at the World Cup from June 11 to July 11, but there are further plans to introduce more match officials or technology at a later stage.

BASEBALL Get ready for more post-season baseball games — and fewer off days. Players would like to see the first round of playoffs expand to best-of-seven when their next labour contract starts in 2012, Michael Weiner said yesterday in his first news conference since replacing Donald Fehr as the union head.

SOCCER Manchester City scored three second-half goals yesterday for a 3-0 win over Arsenal and a meeting with defending champion Manchester United in the League Cup semifinals. City is on a streak of seven draws in the Premier League but advanced to its first semifinal since 1981 with a second win over Arsenal this season.

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PC Mini Chocolate Coated Candy, $6 for 15 pieces, is made with a peppermint-flavoured cheesecake filling and surrounded by dark chocolate. For more, go to, pc.ca. METRO NEWS SERVICES

HOLIDAY

Shopping Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Get your music on

These MP3-related gifts will keep the beat going

RAFAEL BRUSILOW
for Metro Canada

The Pioneer iPod Digital Video System is $499, while the Nokia 5800 XpressMusic Smartphone and MP3 Player, below left, is $199.99.

You love having your music at your fingertips' reach, so here are some of Metro's picks for MP3-related gizmos that will keep the beat going this holiday season:

Sirius Stiletto 2 satellite radio & MP3 player
$299.95 + subscription fee

Combining the portable practicality of an MP3 player with the vast possibilities of satellite radio, the Sirius Stiletto 2 is one heck of a cool gadget. The small and sleek player streams music from more than 120 commercial-free music channels broadcast by Sirius' satellites and can even record up to 100 hours of content so you can listen to your favourite channel or commentator when you have time (or aren't in the office when the censor-free commentary starts to fly). The Stiletto also plays MP3s and WMA files so you can keep your music collection with you for those times you just have to hear We Are The Champions one more time. An optional home and car dock can be picked up for the player as well. For people already subscribed to Sirius, the Stiletto 2 is a no-brainer and for the rest, it makes a very solid case for jumping on the bandwagon.

The Sirius Stiletto 2 satellite radio, below, streams music from more than 120 channels.

Nokia 5800 XpressMusic Smartphone & MP3 player
$199.99 on select three-year plans with Rogers

While it's technically a phone first, the Nokia 5800 XpressMusic is so well geared towards playing music that it outshines a large number of MP3-only players on the market. The built-in stereo speakers that provide surprisingly good — and loud — external sound should be the first tip-off that this gadget is a lot more than your average MP3-capable phone. The 5800 features a touch screen and memory capacity for MicroSD cards up to 16 gigabytes in size, plenty of space to load up on your favourite songs. Nokia has purportedly shipped almost 10 million of these things in the year since it came out and with good reason — it's a great music player with unique appeal that still works as a solid phone.

These Panasonic Ergofit Noise Isolating Earbuds are available in three sizes and come in a variety of colours, including blue, green and purple.

Panasonic Ergofit Noise Isolating Earbuds
$29.99

Earbud headphones are one of the hardest components to get right because fit, sound quality and price always seem to trample over each other along the way. That's what makes the Panasonic Ergofit Noise Isolating Earbuds such a standout — they manage to hit all three points very effectively. Available in three sizes (S, M, L) for varied ear shapes and in a requisite variety of colours, the Ergofit buds are also attached to a practical tangle-free cord slider. Panasonic touts the buds as providing high-quality sound performance due to "virtual cavity technology," something that's probably not nearly as vulgar as it sounds. While there are plenty of good-quality buds that are expensive, and many bad-quality ones on the cheap, these little guys are, for once, the right quality at the right price.

Pioneer iPod Digital Video System
$499

Not for the weak of wallet or faint of heart, Pioneer's powerful iPod docking station is the iPod dock to end all other iPod docks. While it's certainly not cheap, this high-end offering will let you go beyond simply pumping up the volume on your iPod's music playback by turning your iPod into the primary entertainment device in your home. Besides the great sound quality from the 2.1 channel full range speaker system with subwoofer, the station can also be connected to an LCD or Plasma TV to share movies and photos stored on your iPod. You can even transmit music to the station wirelessly from your iPod as well, meaning you can play DJ from any room in your home. Pioneer has a great reputation for sound quality and the iPod Digital Video System does not disappoint.

Home for the holidays
Dress up any space with these Holiday Home holiday lotion pumps, $9.99-$12.99. Available at Home Outfitters, homeoutfitters.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Merry mauve

Cotton necklace, $32, by Foxy Originals. Available in purple/grey (pictured), pink/turquoise, and brown/yellow. For more, go to foxyoriginals.com.

Pebble necklace, $48, by Foxy Originals. Available in purple (pictured), blue and black. For more, go to foxyoriginals.com.

Purple sleeveless dress with rosette detail, $275, at select Melanie Lyne stores. For more, go to melanie-lyne.com or call 1-877-973-6090.

Satin tie neck dress, $34.50, at Old Navy. For more, go to oldnavy.ca.

HAWAI RING
These three trendy rings can be stacked or worn one at a time! One ring features the "Evil Eye," which brings good luck, making it the perfect good luck charm.
$150
Available at Swarovski stores across Canada.
swarovski.com

Leather gloves, $85, at Banana Republic. For more, go to bananarepublic.ca.

Euphoria eau de toilette spray by Calvin Klein, $68 for 50 mL or $89 for 100 mL. Available in department and drug stores across Canada. The larger size is only available in department stores. For more, go to coty.com.

Satin jewel clutch, $110, at Banana Republic. For more, go to bananarepublic.ca.

Striped sweater booties, $22.50, at Old Navy. For more, go to oldnavy.ca.

GOSH Mystery Night nail lacquer, $6 each, available at Shoppers Drug Mart. For more, go to shoppersdrugmart.ca.

Berry merry purple shoes by Jessica, $49.99, at Sears. For more, go to sears.ca.

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Season's eatings

Green & Black's Organic Miniature Bar Collection, $17.29. Includes 12 miniature 15g chocolate bars. For more, go to greenandblacks.com.

Retro candy, $4.99-$6.99 each, at HomeSense. For more, 1-866-466-3707 or visit homesense.ca.

Cadbury Caramilk Fondue Set, $19.95; **Cadbury Crunchie Fondue Set**, $19.95; and **Fondue Fillers**, $9.95 each. Available at Walmart, Kitchen Stuff Plus, Blockbuster, Stokes, Giant Tiger, and other select retailers across Canada. For more, go to canada. cadbury.com.

Candy coal, $3.99, at Winners. For more, call 1-877-946-6877 or visit winners.ca.

Le Chocolat Slabs, $4.99 each. Available at Shoppers Drug Mart, shoppersdrugmart.ca.

Hammond's ribbon candy, $11.99, is handmade. Available at Indigo and Chapters stores across Canada.

SAXON DRINKING CHOCOLATE
This drinking chocolate, available in 7 oz. keepsake tins, will make 8-10 servings. Available in Belgian Dark, Eggnog and Peppermint Flavours.
$29.95 EACH
Available at Indigo and Chapters stores across Canada.

Tim Hortons Old-Fashioned Butter Fudge, $4.95, and **Tim Hortons Old-Fashioned Maple Fudge**, $4.95. Each box contains 10 individually wrapped pieces. Available at participating Tim Hortons restaurants across Canada.

Cocoa Trio, $10.95, at Starbucks. This trio of red tins is filled with three different flavours of all-natural cocoa: Classic Hot Cocoa, Peppermint Cocoa and Salted Caramel Cocoa. Available at participating Starbucks shops across Canada.

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Hostess gift
Scented candle in etched glass, $7.99. Available at HomeSense. For more, go to homesense.ca. METRO NEWS SERVICES

Holiday Shopping Guide

Let the spirits ring

Limited edition 2009 Absolut vodka holiday bottle, $23.95-$27.49 for 750 mL (SRP) in select provinces. For more, go to absolut.ca.

Humour Coaster Set, $4.99. Sayings include "Uncork the Merry" and "Shake Your Sugar Plums." Available at Hallmark, hallmark.ca.

Cocktail mixers, $7.99 each, at HomeSense. For more, call 1-866-466-3707 or visit homesense.ca

Red Mosaic Cocktail Shaker, $29.95, and **Red Mosaic Champagne Bucket,** $36.95, at Pier 1 Imports. For more, go to pier1.ca.

MERRY CHERRY RECIPE, WITH SKYY VODKA

1 oz. Skyy Vodka
1 oz. cherry juice
1/2 oz. Carolanns Irish Cream
1/2 oz. Godiva White Chocolate Liqueur
Combine all ingredients in a tall mixing glass. Add ice and shake vigorously. Strain into a martini glass. Rim glass with coconut shavings.

SKYY VODKA, $24.95 (for 750 mL) SRP
Available at liquor stores across Canada.
skyy.com

Veuve Clicquot La Grande Dame, $238.95 SRP, left, and **Veuve Clicquot Ice Jacket,** $64.95 SRP. Available at participating stores across Canada.

Moët & Chandon Grand Vintage 2000, $83.95 SRP. Available at participating stores across Canada.

PC Rich & Creamy Chocolate Egg Nog, $3 for 1L bottle, and **PC Naturally Flavoured Mulled Apple Cider Sparkling Soda,** $1 for 2L bottle or 12 x 355 mL cans. Go to pc.ca for more.

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☑ Medicine for Aminata

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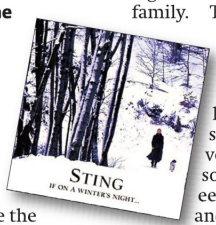
Jingles to make your holidays merrier

BRYAN BORZYKOWSKI
for Metro Canada

If you're one of the many Christmas-loving music fan out there, fall must be your favourite season of the year.

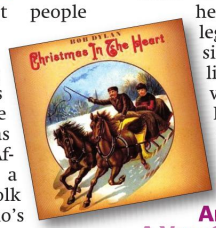
Besides many big-named artists putting out albums before the New Year, a sundry of Christmas and holiday discs also make their way into stores. Here's a list of some of the best Xmas records of 2009:



Sting
If On A Winter's Night

A word of warning: Sting's winter-themed record isn't meant for your Christmas Eve gathering with the family. There are no sunny holiday tunes, or cuddle-by-the-file ballads — instead it's a very serious song set of eerie lullabies and carols from the British Isles. The tunes are filled with haunting strings — violins, harps and mandolins — Gaelic words (and English ones too) and plenty of hymnal arrangements. It's engaging, thought provoking and, may be the most interesting holiday disc of the bunch.

Bob Dylan:
Christmas in the Heart



When most people found out Bob Dylan was tackling a Christmas album, the shock was palatable. After all, he's a legendary folk singer who's linked more with 60s protesters than Santa's elves. But the disc is actually quite good. Sure, it's definitely strange — Little Drummer Boy doesn't have the same elegance when Dylan's gravely voice gets a hold of it — but how awesome is it to hear this legend sing a rollicking version of Here Comes Santa Claus? A stocking stuffer for sure.

Various Artists
A Very Special Christmas 7

A Very Special Christmas was first introduced 22 years ago and it's still going strong. Its seventh version will appeal to the youngsters in your family — tween-oriented superstars like Miley Cyrus, Ashley Tisdale and Vanessa Hudgens all contribute to the disc. While some performers may be a bit surprising, i.e. Gossip Girl's Leighton Meester, the songs are all familiar. Sean Kingston's Little Drummer Boy, Cyrus' Rockin' Around the Christmas Tree and Carrie Underwood's Hark! The Herald Angels Sing are standouts.

Jackson 5
Ultimate Christmas Collection

It's no surprise that the Jackson clan wants to continue selling records in the wake of Michael's death. Fortunately, this isn't just a quickly culled together disc. It was originally released in the '70s and features funky versions of a number of Christmas classics. The soulful take on Santa Claus is Coming to Town is especially memorable, while the dance-ready rendition of Up in the Housetop should get your whole family gathering on their feet. Bonus tracks include the MJ tune Little Christmas Tree, season greetings from Michael, Tito, Jermaine and Jackie and other stripped down remixes.

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JONATHAN HAYWARD/THE CANADIAN PRESS

Johnny Reid performs during the Canadian Country Music Awards in Vancouver in September. With Reid's gravelly croon, he seems a natural to belt out some gathered-round-the-fire Christmas tunes.

Put a little Canadian content into your Christmas with new releases

This year, a typically star-studded slate of artists has released Christmas albums, with discs from Bob Dylan, Neil Diamond, Sugarland and David Archuleta. But who does the holiday season better than Canadians? Canadian Press music writer Nick Patch looks at this year's home-grown holiday music offerings.

Johnny Reid, Christmas: With Johnny Reid's gravelly croon, he seems a natural to belt out some gathered-round-the-fire Christmas tunes.

And indeed, Christmas showcases the Scotland-born, Toronto-raised country singer's slow-burn take on such well-worn holiday classics as I'll Be Home For Christmas and Little Drummer Boy.

But while some holiday CDs are best-suited for that torpid period after the family has tucked into a tryptophan-filled turkey, Reid's disc is considerably more lively.

He injects a bit of glam into a shuffling version of Jingle Bell Rock and howls through Chuck Berry's Run Run Rudolph, one of the disc's more inspired selections.

Mary's Boy Child — among the few overtly religious tunes on the disc — has a vaguely calypso feel and even Silent Night ambles along over a swift acoustic guitar rhythm (and it features a mandolin solo).

Two unmemorable original tunes are unlikely to evolve into holiday traditions, but the uptempo Waiting for Christmas to Come and Christmas Time Again do further Reid's goal of creating a Christmas disc that doesn't feel as though it's been weighed down by a few glasses of eggnog.

Justin Hines, Season's Greetings:

It's nearly impossible for a Christmas CD to avoid both cheese and irony entirely, but that would seem to be the goal of Justin Hines' earthy Season's Greetings.

The arrangements are spare but fresh, with an organic, folky vibe that highlights the Newmarket, Ont., native's expressive voice.

Opening tune Have Yourself a Merry Little Christmas establishes the disc's formula: Hines is accompanied only by a finger-picked acoustic guitar. The listener waits for the sweeping strings to creep in, but they never come.

Restraint isn't an adjective typically associated with holiday records, but the elegant production on Season's Greetings serves to draw attention to Hines' vocal talent while boosting the impact of the few instrumental flourishes that are employed.

The first verse of How I Love This Time — by far the best of three original compositions — offers a quaint vision of a neighbourhood stroll through a snow-covered winter landscape. THE CANADIAN PRESS

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RateSupermarket.ca Canada's rate comparison website

Metro Homes

Canadian Pride

Show some Canadian pride and hang a knitted buffalo check elk-embossed ornament on your tree this year. Wal-Mart, $2.96, walmart.ca.

EMMA YARDLEY/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Stock up on **stockings**

EMMA YARDLEY
for Metro Canada

Knitted, stitched, beaded and glittered, this year hanging your stockings with care has never looked so pretty.

"Stockings are becoming nicer and nicer and more important to Christmas decor people are into decorating their homes (for the holidays) more than ever," says Ann Marie Favot, design editor for Style at Home. "From glitzy glam to more traditional red and white versions ... with so many different types available, they can now match anybody's decor."

Stockings bring an important decorative element to a room, whether they're hung down the staircase banister or in a row along the mantle piece.

"The most interesting way I've seen them displayed was on the backs of dining room chairs. That way on Christmas morning when everyone sits down for breakfast, they have their stockings right there."

1. Each knit stocking is nearly three feet long giving you ample present-stuffing space. Teatro Verde, $34.95, teatroverde.com. 2. Put your peacock feathers on display with shimmering satin stockings in rich royal hues. Wal-Mart, $9.96, walmart.ca. 3. A simple holiday message in simple holiday red and white. Indigo, $19.99, chapters.indigo.ca. 4. Handcrafted from New Zealand wool, these playful felt stockings are fun and festive. Teatro Verde, $34.95, teatroverde.com.

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Disorganized office, disorganized life

HomeScape

Do you find yourself forgetting appointments, missing deadlines and losing contact information? Do you frequently spend time looking for files and important papers?

Let's be brutally honest here. Could it be because your office and papers are disgracefully disorganized? Could it be because you avoid filing like the plague? Could it be that your information management system is just not functional?

Well, don't despair. It's not you (that's what I tell myself anyway), it's your information storage methods that are the problem, and these can be fixed.

Essentially, what you need is a place for everything, and everything in its place. And this applies whether you file paper or electronically, or a combination of both.

There are several important elements you must have in your work. One that is absolutely necessary is a working and accessible schedule. Use it as soon as you make the appointment or set the deadline, and consult it several times a day.

In many businesses, another important requirement is for quick access to contact information. Have an accessible card filing system in place to store business cards, and make a point of promptly entering important contacts into mobile phones.

Finally, you must also file or put away working or completed files, so you can find them quickly. That is, after all, why you file.

Here are some additional tips to help keep your business running smoothly:

- Keep notes in one place, either on a pad by the phone or in an electronic file.
- Use a master to-do list every day.
- Keep things that you use frequently close-by, and things you need less often on higher shelves.
- Label files, and consider labeling the inside of drawers and shelves. Then, follow your rules and store things appropriately.
- If you keep electronic files, back up regularly.
- Ensure you have enough space for all required storage.

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Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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Style

Fashion fix-it kit

Avert fashion disasters at any black tie affair with My Tagalongs' Little Black Distress Kit. It contains two sponges for removing deodorant stains, one pair of stay-up stockings, a set of four on-the-go, individually-wrapped wipes: makeup, nail, deodorant, personal care and a pair of foot cushions to help her put her best foot forward. The LBD Kit retails for $25 and is available on mytagalongs.com at the Bay and specialty boutiques across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Sparkle and shine

Colourful dresses & bold accessories rule this holiday

JANINE FALCON
for Metro Canada

Multi-coloured clutch (Aldo, $50).

Chandelier earrings (Banana Republic, $50).

One shoulder red dress with brooch, $149.95; gem cuff, $75; fringe earrings, $39.95. Available at Le Chateau stores across Canada.

Strapless, draped or tunic, at the knee or shorter, pretty party frocks claim the after-five spotlight this holiday season.

Colour makes a bold festive statement. Vibrant shades of pink, purple, red, orange and yellow are cheerful antidotes to corporate dressing as well as early nightfall. "At the moment there's no hotter colour than blue," notes fashion stylist Afiya Francisco (TheStyleHouse.ca), who appears regularly on Breakfast Television and CityLine to talk chic. "Stella McCartney, Balmain and Ungaro all showed different shades of this hue."

Rich fabrics such as velvet and brocade are event appropriate, as well as shimmering silky textures. Sequins in particular are enjoying quite the renaissance — nothing says shindig more than sparkle and shine. And of course the trusty little black dress is still a staple, but it's about more than basic black — amp up the style with architectural details such as artful and unusual pleating and draping, says Francisco.

Blue is hot this holiday season

Styling Tips

Cocktail attire this season is undeniably feminine – but not dainty. Anchor flirty dresses with shoes of consequence — ankle booties, platform pumps or strappy platform sandals — to keep the look modern. Big, statement jewelry also adds impact, especially if you opt for an LBD rather than a jewel-toned ensemble.

Keep proportions in mind when it comes to the right fit. Bustier cuts add curve appeal to small frames; v-necklines, wrap waists, shoulder straps and one-shoulder styles complement the more generously endowed. Emphasize the smallest part of your torso, and go for hems that hit the knees or just above, adds Francisco.

Accessories

Just like the season's dresses, its accessories are all about colour, sparkle and statement details. Embellished shoes and evening bags are everywhere, and according to Francisco, jewelry is huge. "Bold, oversize, chunky is the way to go — earrings, necklaces, cuffs and bracelets, just not all at once," she says. "Industrialized metals are also particularly relevant."

Try bold earrings and a bejewelled clutch with a vibrant dress — even a sequined one — or an in-your-face necklace and sparkle shoes if you're wearing black. Do wear a watch with more than one bangle, and on the other hand snag attention with your most fabulous cocktail ring.

Statement ring from Aldo made with crystallized Swarovski elements ($60, aldoaccessories.com).

Blue jersey bubble dress (Dynamite, $32.90).

Black sleeveless ruffle front dress (Jacob, $89).

Blue strapless cocktail dress (H&M,$59.95).

Magenta sleeveless v-neck short taffeta dress, $235; loop earrings with faceted beads, $24; fireball stretch ring, $18. Items available at select Melanie Lyne stores. Call 1-877-973-6090 or visit melanielyne.com

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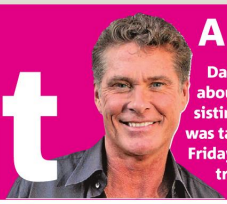
No sex on Lopez tape

Remember all those reports about a Jennifer Lopez sex tape? Well, it turns out it's just pretty much a tape, sans sex. On Tuesday, a judge ruled Lopez's ex-husband, Ojani Noa, cannot use personal footage he recorded of the couple in a "documentary" he's making. METRO NEWS SERVICES

Entertainment



A 'healthy' Hoff

David Hasselhoff has spoken out about his recent stay in hospital — insisting he's "happy and healthy." He was taken to a Los Angeles hospital on Friday and spent two days receiving treatment. METRO EWS SERVICES

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THE TIME
metro

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Jacksoul's last is best

Jacksoul

Album: SOULmate
Label: Sony Music
Rating: ●●●●

THESE TEN TRACKS were built around demo vocal tracks that Haydain Neale recorded shortly before a tragic 2007 traffic accident. Fortunately, Neale's near-perfect pitch and natural inclination to put heart and soul into every project, left us vocals as good as anything he had previously recorded. His voice has that old school sweetness we came to expect of classic singers like Smokey Robinson. Despite the terrible emotional circumstances under which the band completed this album, SOULmate is not a rush job. It contains all new Haydain Neale compositions, recorded with the same painstaking care that Jacksoul put into all four of its previous albums. Neale, who died just 10 days before SOULmate's release, has left us with an album that will go down as the band's best.

Graham Rockingham/for Metro Canada

R. Kelly

Album: Untitled
Label: Jive/Sony Music
Rating: ●●●

THERE'S ONE THING you need to know about R. Kelly: He loves sex. Here are just a smattering of the choice lyrics on his latest smooth R&B effort: "Girl you make me wanna get you pregnant," "I called your boss and he knows you ain't coming in today (sex in the morning, sex all day)," "Text me back something freaky," "Sex that we're having here girl, ohh, this is, this is number one." That's pretty much all you need to know about this disc.

Bryan Borzykowski/for Metro Canada

SOULmate is the new album from R&B group Jacksoul. Frontman Haydain Neale, above, died in hospital 10 days before its release.

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/3/09	267	351 - ACCESS	Alberta Primetime (Live)		Private Practice (N)		Private Practice (N)		Fringe "Snakehead" (N)		Primetime
	243	317 3 CFCN	The Vampire Diaries		The Mentalist (HDTV)		FlashForward "A561984"		CSI: Crime Scene Invstgtn.		News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Friends
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward "A561984"		Private Practice (N)		Private Pract.
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Secret World of Shoplifting		The Border "Dying Art"		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		Survivor: Samoa (N)		The Office (N)	The Office	News Hour
	246	- 8 CKAL	NHL Hockey		The Jay Leno Show (N)		Community (N)	Parks/Recreat	30 Rock	30 Rock	Your City
	119	705 9 CBXFT	Virginie (SC)	Gars, fille	Enquête (HDTV) (SC)		Les Années Derome (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
primetime	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors (N)		Survivor: Samoa (N)		CSI: Crime Scene Invstgtn.		The Mentalist
	-	374 14 KSPS	NewsHour With Jim Lehrer		Leonard Cohen Live in London		Andre Rieu Live in Dresden: Wedding at the Opera				
	502	390 15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature/ Things
	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV) (N)		Fringe "Snakehead" (N)		News
	297	652 37 WPIX	(6) NFL Football Buffalo Bills vs. New York Jets. (Live)				PIX News at Ten Tong.		Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	NBA Basketball: Celtics at Spurs			NHL Hockey Ottawa Senators at Los Angeles Kings. (HDTV) (Live)					SportsCentre
	408	418 27 net	(6) NFL Football Buffalo Bills vs. New York Jets. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected		MMA Conn
	410	403 30 SCORE	College Football Oregon State at Oregon. (Live)						Score Now		Score Now
	411	457 44 OLN	Survivorman		Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	Pinks Outtakes	Jacked!	Wrecked	Wrecked	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Pinks Outtakes
family	552	543 20 YTV	iCarly	iCarly	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	6TEEN	6TEEN	Futurama	King of the Hill	*300* (2007)
cable variety	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Unstable	Reba	Reba	According-Jim
	553	546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	Confidential	Friends	Friends	*He Sees You When You're Sleeping* (2002, Suspense)				*Under the Mist*
	521	560 24 TLC	American Chopper (N)		BBQ Pitmasters (N)		American Chopper		BBQ Pitmasters (HDTV)		Amer. Chopper
	603	561 25 FOOD	Heston's Feasts (N)		Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Heston Feast
	615	520 26 A&E	The First 48 (HDTV)		The First 48 (HDTV)		Steven Seagal	Steven Seagal	(10:01) The First 48		The First 48
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		Da Vinci's City Hall		Found.	Paradise Falls	Saving Grace
	601	562 33 SLICE	X-Weighted "Jen"		X-Weighted "Angela J."		ET Canada	Whatever	Work Out		Celebrity Para.
	-	633 34 ENC2	Filmography	(7:25) *Free Money* (1998, Comedy-Drama)			*Showtime* ★ (2002, Comedy) Robert De Niro.			(10:40) *Four Brothers* (2005)	
	520	505 35 DISC	Life "Creatures of the Deep"		MythBusters		Daily Planet		Life		Life
	620	523 36 BRAVO	Last Call at the Gladstone Hotel			PhotoXplorers	Law & Order "Discord"		Without a Trace		*Man on Train*
	294	650 40 WPCH	Law & Order: SVU		House-Payne	House-Payne	The Office	*Sleepers* ★★★ (1996, Crime Drama) Kevin Bacon.			
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box
	-	539 42 TCM	(7:15) *Little Women* ★★ (1949, Drama) June Allyson. (DVS)				*Tenth Avenue Angel* ★ (1948, Drama)				*3 Godfathers*
	628	584 43 SPIKE	TNA Wrestling (HDTV) (N)				Ways to Die	Ways to Die	MANswers	GameTrailers	MANswers
	522	516 45 HIST	Underworld Histories		Ice Road Truckers		Ancient Discoveries		Underworld Histories		After People
	627	528 46 SPACE	Primeval		Eureka (N)		InnerSpace (N)	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	*National Lamp. Christmas*		(8:15) *National Lampoon's Christmas Vacation* ★★ (1989, Comedy)					*The Rookie* (2002, Drama)	
	619	525 49 TROP	Bob & Doug	Bob & Doug	Seinfeld	Seinfeld	The Outer Limits		ET Canada	TV Made, Do It	Family Guy
	600	564 50 HGTV	Renovation	Disaster DIY	House Hunters	House Hunters	Holmes Inspection		Renovation	Disaster DIY	Holmes-Homes
	501	391 52 CTV	CTV News Tonight		News	CTV News	News	CTV News	News	CTV News	News
	504	508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526	507 92 VIVA	The Closer		Cold Case		Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Wapos Bay	By the Rapids	Over the Bolts	Moose TV	*A Family Thing* ★★ (1996, Drama) Robert Duvall, James Earl Jones.				
	-	- 94 MCP	World News	News	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections
	571	581 100 MMM	Mariah Carey: Mimi		Entourage	Wild 'n Out	mmtop10.ca		Mariah Carey: Mimi		Entourage
	570	580 101 MM	Secret Life of American Teen		Love Court	Instant Star	disBAND	My Date With...	So You Think You Can Dance Canada		
	581	566 102 MTV	True Life		Jersey Shore Working the summer in Seaside Heights.				Peak Season	After	Jersey Shore
	-	- 116 TV5	Complément d'enquête				TV5 Le Journal	Vous aurez le dernier mot			Photo suisse

critics' corner

The Mentalist

As Lisbon (Robin Tunney) and the team investigate the murder of a state senator's intern, Jane (Simon Baker) concentrates on finding out what new information has been uncovered on the Red John case. Tim Kang, Owain Yeoman, Terry Kinney and Amanda Righetti also star in "The Scarlet Letter"; Gregory Itzin ("24") and George Wyner guest star. 8 PM on CFCN

The Secret World of Shoplifting

It's not just teenagers slipping lipsticks into their purses. This new documentary reveals that consumer demand for low prices has helped turn shoplifting into big business and for some, a career. Even organized crime is getting involved. People on both sides of the law — including reformed thieves who now counsel shoplifters and consult with police — explain the problem and what's being done to fight it. 8 PM on CBRT

Gaga, Swift, Beyonce up for best song Grammy

MUSIC Beyonce's Single Ladies (Put a Ring On It) and Lady Gaga's Poker Face are Grammy contenders for song of the year.

Those songs, along with Taylor Swift's You Belong With Me, Maxwell's Pretty Wings and the Kings of Leon's Use Somebody, were the first nominees announced for the 2010 Grammys last night, as the Recording Academy unveiled a handful of nominations for its 109 categories during a primetime CBS special hosted by rapper-actor LL Cool J. The Black Eyed Peas and Nick Jonas were among the evening's performers.

Canadian hip-hop artist Drake also nabbed a nomination for best rap solo performance for his Best I Ever Had.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

No bromance for Romano

Ray Romano isn't really into bromances.

While his first series since Everybody Loves Raymond ended in 2005 centres on three emotionally flustered middle-age male pals, the 51-year-old actor-comedian insists he's not equally as candid with his brooding, real-life buddies back home in Queens, N.Y.

"We are as close as these guys, but I don't think we open up as much," he says. "There is a realism to it, though. It's guys talking about things but we're still doing it in the lame way that men do, as opposed to the way women do, which would need a much longer show."

The wry everyman is trading his quippy persona from Everybody Loves Raymond, which ran for nine seasons on CBS, for a sad-eyed party store owner named Joe, who is suffering through divorce and a gambling addiction, on TNT's Men of a Certain Age (premiering Monday).

The series, which Romano begrudgingly classifies as a dramedy, was created by Romano with writing partner Mike Royce. Where Everybody Loves Raymond was based on Romano's domestic-themed standup material, Men of a Certain Age is about gloomier personal subjects.

To play Joe's best friends, Romano enlisted Scott Bakula, the charming sci-fi leading man from Quantum Leap and Star Trek: Enterprise, and Andre Braugher, whose tour de force performances as Det. Frank Pembleton on Homicide: Life on the Street won him an Emmy Award for outstanding actor.

Braugher plays stressed car salesman Owen, ruled by his tyrannical father, owner of the dealership where he works. Bakula's Terry is an out-of-date, out-of-work actor tangling with a woman nearly half his age. To be certain, this is not Everybody Loves Raymond: The Sequel.

"You're taking a chance on a show like this," Bakula says, "because, there's never been a show like this before. I think there's a newness to it. Some people say it's like an older Entourage, but that's more about show business."

Men of a Certain Age is also less of an ensemble drama and more of a character study of three men whose lives usually only intersect when they're catching up during a hike or chowing down at the nearest greasy spoon.

In the diner scenes, Romano and company often stay in character but go off script in search of more nuanced realism or natural comedy. Braugher, who also appeared in the movies Glory, Get on the Bus and rimal Fear, relished the chance to learn how to summon laughs from a master.

"Ray has taught me a great deal," Braugher says.

THE CANADIAN PRESS

Ray Romano stars in Men Of A Certain Age, which premiers Monday on TNT.

"That's truthfully part of what I wanted when I joined this show. I wanted to learn the art of comedy. I found out I actually already knew everything I needed to know. The stakes are just as high in comedy as they are in drama."

Romano, who is largely untested outside of the funny business, knows he's taking a chance with his return to TV, especially considering he's on a network whose slogan is We Know Drama. Even so, he believes his fans are ready for a dose of Men of Certain Age.

"It is a drama but it's got comedic moments. It's just more real," says Romano.

"It's grounded in reality — I just hope we can discover some new fans as well as entertain the old fans. You can never tell. My wife won't watch it."

THE ASSOCIATED PRESS

In brief

POLANSKI HOUSE ARREST

After more than two months in a Swiss jail, Roman Polanski will be placed under house arrest at his Alpine chalet on Friday, authorities said.

The 76-year-old director must stay in the house and wear an electronic bracelet as officials decide whether to extradite him to the U.S. for having sex in 1977 with a 13-year-old girl, the authorities said.

"Polanski will be transferred on Friday to Gstaad," said Folco Galli, the Swiss Justice Ministry spokesman.

THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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A recipe for all seasons
In her newly released cookbook, Fresh with Anna Olson, the TV show host shares locally inspired recipes divided into seasons. With stunning colour images, photographed by Ryan Szule, the 191-recipe collection is published by Whitecap ($29.95). THE CANADIAN PRESS

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Korean dishes with a side of love

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

Anju
507 10th St. S.W., Calgary
(403) 532-9419
anju.ca

Signature Drink: Elixir
Signature Dish: Kimchi ramen
Rating: ●●●½
Dinner & drinks for 2: $60

The menus at Anju are emblazoned with a quote by chef/owner Roy Oh: "The finest ingredient Mom ever used was love."

This two-storey house-turned-restaurant, tucked behind condo towers on the edge of downtown, serves updated Korean dishes, foods that recall a mother's embrace with the zing of her new perfume.

Kimchi ramen ($15) is a steaming, spicy bowl of coziness, with bits of Berkshire pork belly, tofu and a wallop of crème fraîche.

On the web

• Get recipes and more great food content at metronews.ca/recipes

Lettuce wraps ($15) come on a pretty plate of romaine hearts, mixed vegetables and ssamjang (a spicy Korean paste), with choice of grilled chicken, short rib, tofu or pork belly.

A marinated rib eye ($20) is like a thick cut of bulgogi but in steak form, while the black cod ($20) braised in a clay pot with red chilli pepper and caramel glaze is silky sweet.

Anju is most fun when sharing some of its delicious starter size treats ($4-$10). Order a few — like honey-glazed crispy anchovies or green onion seafood pancake — or trust the chef's daily creations with an Anju platter ($20).

Open late on weekends,

ANDREE LAU/FOR METRO CALGARY

Anju platter ($20).

Anju has a creative list of cocktails and martinis that go well with plates of munchies.

Global Peasant blog online

• Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.

• Check out metronews.ca/globalpeasant for a recipe of butternut squash and apple soup.

Dining out

VICTORIAN CHRISTMAS
PaSu Farm in Carstairs, north of Calgary, serves roast leg of lamb and prime rib at an English Victorian dinner (Dec. 4, 11, 18). Call (403) 337-2800.

TAQUERIA
Los Chilitos Taco & Tequila House (1309 17th Ave. S.W.) offers tacos, burritos and fresh salsa in the heart of the Red Mile.

In brief

FOOD BANK Every bottle of Sonora Ranch wine sold from now until the end of December will see 50 cents donated to the Alberta Food Banks Network Association.

FAMILY FAVOURITE After a fire eight months ago, Sandro's has been reborn as Rea's (431 41st Ave. N.E.). New kitchen and dining room, but same family-recipe pizzas and pastas.

You don't Say! Lisa Loeb welcomes baby girl
It's a baby girl for singer Lisa Loeb and her husband Roey Hershkovitz, her rep tells People. Lyla Rose Loeb Hershkovitz arrived Sunday morning, Nov. 29 at Cedars Sinai Medical Center in Los Angeles and is the first child for the couple. METRO NEWS SERVICES

Celebrity Buzz

Family Ties mom Baxter comes out: 'I'm a lesbian'

WELCOME HOME Most people know Meredith Baxter as Elyse Keaton, everyone's favorite mom from the hit '80s sitcom Family Ties. But now the actress reveals to People that she's ready for the world to see her in a different — and surprising — way: "I'm a lesbian mom," she says.

Before Baxter, 62, first started dating women seven years ago, the thought of being gay "had never crossed my mind," quotes her as saying. Having been in three failed marriages to men (most famously to actor David Birney), she says of her many difficult years before coming out, "I was never comfortable with myself." But she's quick to add, "That doesn't mean I was questioning."

People reports she is now in a four-year relationship with building contractor Nancy Locke — the couple have lived together for two years — the actress, who continues to act and run a skincare company, says, "I feel like I'm being honest for the first time."

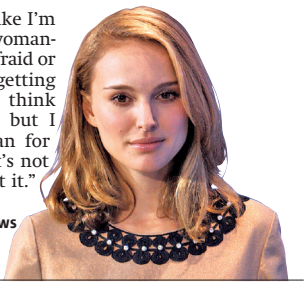
METRO NEWS SERVICES

people.com

Motherhood may be on Natalie Portman's 'radar'

APPLICANTS CAN FORM A LINE HERE It looks like motherhood may be on Natalie Portman's radar. The actress admits that it's something she's been thinking about, according to Hollyscoop. "I feel like I'm coming into my womanhood, and I'm less afraid or maybe I'm just getting old," she says. "I think about having kids, but I think you can't plan for that sort of thing. It's not like you can work at it."

METRO WORLD NEWS



Aniston: yoga changed my life for the better

ANYTHING FOR HER *FRIENDS* Jennifer Aniston says yoga changed her life, female-first.co.uk reports. The former Friends star appears in the introduction to Yogalosophy, a new workout DVD fronted by her friend and yoga instructor Mandy Ingber, and says she was amazed at the impact learning the discipline had on her.

In the short clip, she says: "She brought yoga into my life. It completely changed my life.

"It's one of the most fun workouts I've ever had. So have fun and work hard because it will totally pay off."

METRO NEWS SERVICES

TomKat ready for baby no. 2?

YAY! ANOTHER SCIENTOLOGIST Tom Cruise and Katie Holmes are ready for a second child, sources tell OK! Magazine, and it's mostly because Holmes has come around to the idea. While she's wanted to focus on work — and while rumors have circulated that the couple is on the rocks — Holmes and Cruise reportedly reached an agreement on trying for another baby sometime next year.

"She no longer feels like she's just Mrs. Cruise. She's her own person again," a source tells the magazine. "She and Tom have their disagreements, but deep down they love each other very much. That's what is important." by sometime next year.

METRO WORLD NEWS

Are Mayer and Lohan new drinking buddies?

JUST HIS LUCK John Mayer has a new bar-hopping pal, apparently. The singer was spotted hanging out at New York nightclub Butter recently with Lindsay Lohan, according to E! News. But sources say Lohan seemed much more interested in hanging out with Mayer than vice-versa.

"She would follow his every move," a sources says. "He would dance with the waitresses and then come back. She was way into it." And while Mayer was spotted downing shot after shot of vodka, Lohan apparently abstained.

METRO WORLD NEWS

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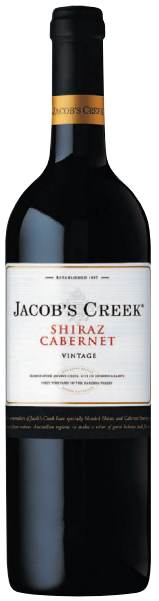

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Clooney's girlfriend meets Mama Clooney

LET'S BE GENEROUS AND GIVE IT SIX MORE MONTHS THEN Things must be going well between George Clooney and his new Italian girlfriend, Elisabetta Canalis. The avowed bachelor showed up to the L.A. premiere of Up in the Air with Canalis on one arm and his mother on the other, according to Hollyscoop. "Elisabetta and George's mother seemed to be getting along just great," a source says.

METRO WORLD NEWS

Eva Longoria 'delighted' with body

TOO BAD NOBODY WATCHES HER SHOW TO SEE IT Eva Longoria goes to the gym four times a week in a bid to maintain her stunning figure, female-first.co.uk reports.

The Desperate Housewives actress — who was forced to laugh off rumours she was pregnant last year when she but on weight — knows regular exercise is the perfect way to keep off any unwanted pounds.

A source said: "Eva hits the gym four times a week for an hour each time, and it's certainly paying off. She's got a tiny frame and any weight gain shows, but right now she's looking great ... She's delighted with her figure."

METRO NEWS SERVICES

Celebrity tweets

Imogen Heap is out picking up friends, Tom Felton is easily amused, Lance Armstrong is afraid of a little snow, and Paris Hilton has more Paranormal Activity in her social life, perhaps?

@imogenheap
Driving about Washington DC in a stretch limo. Where should we go? If you come up with a good idea we'll pick you up. Room for 4 people

@TomFelton
Always make me smile seeing a road sign with another sign covering it saying "sign not in use" Good use of our road tax!

@lancearmstrong
Weather forecast is calling for snow flurries in Austin on Friday. That ain't funny.

@ParisHilton
Just turned the movie off, so boring and so not scary. Looking to see what else to watch.

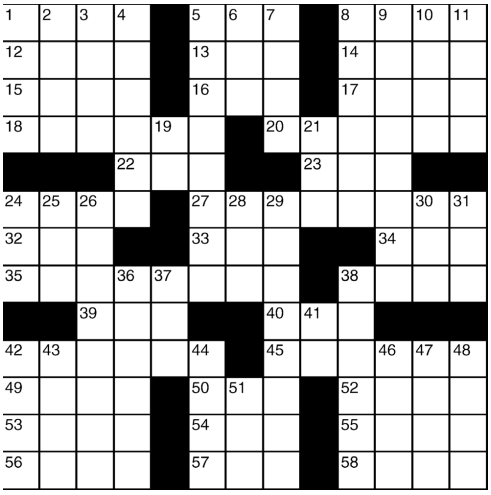
METRO WORLD NEWS

BT BREAKFAST TELEVISION

Today Sunny 0 C / -14 C
Friday Snow -4 C / -9 C
Saturday Snow -9 C / -14 C

Take Five

Andrew Schultz, Meteorologist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."
WEEKDAYS AT 6 A.M.



ACROSS

1 Truckload
5 Bill
8 Bat a gnat
12 Celestial bear
13 In olden times
14 Apiece
15 Clarinet insert
16 Sleep phenom
17 Ersatz swing
18 Lasso
20 Piece of lumber used for flooring (Brit.)
22 Ostrich's cousin
23 Apiece
24 "Desire Under the —"
27 Stronghold
32 — constrictor
33 Dillinger's foes (Abbr.)
34 Old French coin
35 Strengthen
38 Capri, for one
39 Former M&M's color
40 Discoverer's call
42 Back-related
45 Less of a mess
49 Help a hood
50 Chic no more
52 Notion
53 Got up
54 To and —
55 Coach Chuck, who won four Super Bowls
56 "Untouchables" role
57 "— the season ..."
58 Otherwise

DOWN

1 Throw hard
2 Vicinity
3 Person at a PC
4 Half the audience?
5 Molière protagonist
6 Census statistic
7 Broadway flop
8 Large bird dog
9 Diner staffer
10 Farm fraction
11 As a result
19 Exist
21 Suitable
24 Recede
25 Brock of baseball
26 Place to settle?
28 Old, like a wd.
29 Rice dishes
30 Scale member
31 Seek damages
36 Preferences
37 Genetics abbr.
38 Common antiseptic
41 Greeting
42 "Nuts!"
43 Bassoon kin
44 Barn section
46 "American —"
47 Congers, e.g.
48 Rough breathing sound
51 Spoon-bender Geller

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	9	7	2		3	4	6	
6	3						5	7
		8	3		4	7		
	1			2			9	
		5	6		9	1		
5	4						1	2
	7	2	5		8	9	4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

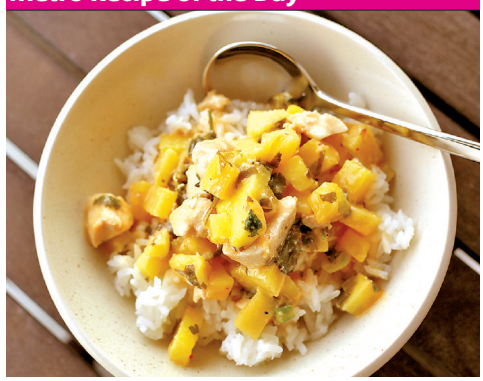
S	P	U	D	■	P	I	P	■	S	P	O	T
A	O	N	E	■	A	L	A	■	T	A	R	O
P	O	T	B	E	L	L	Y	■	A	N	E	W
S	H	O	A	T	■	■	S	L	I	P	O	N
■	■	■	S	A	L	T	■	A	N	I	■	■
R	O	P	E	■	E	W	E	S	■	P	A	T
A	D	O	■	A	V	A	S	T	■	E	A	R
D	D	T	■	N	I	N	A	■	A	S	H	Y
■	■	R	I	O	■	G	U	L	P	■	■	■
T	H	O	R	N	S	■	■	S	P	O	I	L
S	O	A	K	■	P	A	N	D	O	W	D	Y
A	P	S	E	■	A	G	O	■	S	E	E	R
R	E	T	D	■	R	E	D	■	E	S	S	E

1	2	6	7	3	9	4	5	8
5	8	7	2	1	4	3	6	9
3	4	9	6	5	8	2	7	1
6	9	3	4	2	7	8	1	5
4	5	8	9	6	1	7	3	2
7	1	2	3	8	5	9	4	6
8	3	1	5	7	2	6	9	4
2	7	4	1	9	6	5	8	3
9	6	5	8	4	3	1	2	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Chicken Coconut Pineapple Curry

Submitted by Alison Glasbergen, Victoria, BC

INGREDIENTS:

1 Tablespoon vegetable oil
2 boneless skinless chicken breasts, cut into small chunks
1 inch piece of ginger, grated (a rasp grater works really well)
1 Can of coconut milk (shake can before opening - coconut milk settles over time)
2 Tablespoon thai red curry paste (thai red curry is quite mild, so use a bit more if you like things spicy)
2 green onions, chopped
1 1/2 Cup of fresh pineapple, cut into bite-size chunks
1/2 Cup cilantro, finely chopped
salt and pepper to taste
1 1/2 Cup jasmine rice, cooked according to package directions

METHOD:

1. Heat oil in large frying pan over medium/low heat and add chicken, stirring often.
2. Season lightly with salt and pepper.
3. When chicken is no longer pink, reduce heat to low and add grated ginger and continue to cook for 1 minute.
4. Add coconut milk and red curry paste, and stir until curry paste is dissolved.
5. Increase heat to medium and gently simmer for 2 minutes, but do not let it come to the boil.
6. Add green onions, pineapple chunks and stir to combine.
7. Garnish with chopped cilantro and serve over a bowl of Jasmine rice.

SERVES 4
PREP TIME: 8 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
With the Sun moving through one of the best areas of your chart at the moment you can't fail to get your way. Enjoy your luck, but don't push it.

TAURUS ♉
APRIL 21-MAY 21
A positive outlook is a must today. Not that anything bad will happen but when small things go wrong you may think it's the end of the world. It's not.

GEMINI ♊
MAY 22-JUNE 21
A project which has been in a state of limbo for some time can now start moving forwards again. No more excuses: get to it!

CANCER ♋
JUNE 22-JULY 22
If you do something to excess today you will regret it over the weekend. In a nutshell: don't work too hard and don't risk your health.

LEO ♌
JULY 23-AUG 23
The Sun's transit of the most dynamic sector of your chart means you have no doubts and no fears – just like most times really, only more so by far.

VIRGO ♍
AUG 24-SEPT 22
Keep your options open today, especially at work as this is where you are most likely to be let down by other people. Stay cool, calm and in control.

LIBRA ♎
SEPT 23-OCT 23
You need to rise above petty distractions and see the bigger picture. Your future is bright, no matter how dark it seems now.

SCORPIO ♏
OCT 24-NOV 22
Today's events will urge you to raise your game and take more risks. It's not irresponsible to change if you've sick of doing the same old things

SAGITTARIUS ♐
NOV 23-DEC 21
Not only did yesterday's full moon make you emotional but it also made you realize that honesty is essential at all times.

CAPRICORN ♑
DEC 22-JAN 20
The Sun in Sagittarius at this time of year has a negative effect on your confidence but a lot of it is in the mind.

AQUARIUS ♒
JAN 21-FEB 18
You will have to fight for your rights against the odds today, but actually those odds are not nearly so bad as you appear to believe.

PISCES ♓
FEB 19-MARCH 20
The more someone says you can trust them the more precautions you need to take. Don't let that happen.

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stk# 304020

Versa - 60 3.9 % month lease, $806.29 down 35% residual, Titan - 96 month 6.97% finance, Rogue - 84 month, 5.74% financeall payments plus taxes and fees and are O.A.C., errors and omissions exempt

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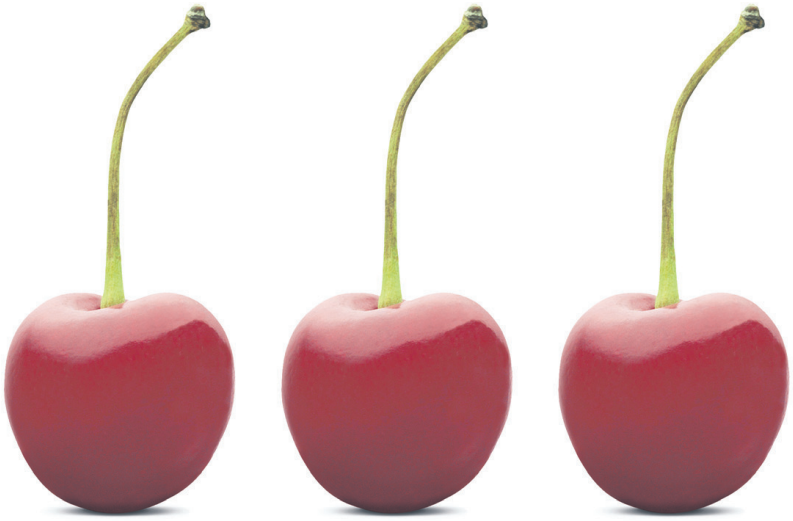

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